



Handwashing is the single most important action to stop spreading infection and disease.

When Should You Wash Your Hands?

You should always wash your hands after:

- Going to the toilet (or changing diapers)
- Coughing/sneezing or using a tissue
- Handling raw meat and poultry
- Touching lacerations/cut, sores or infected areas on the skin
- Handling or playing with pets
- Touching dirty kitchen equipment, utensils, dishes or work surfaces
- Smoking, eating or drinking and before handling foods
- When hands become visibly soiled

You should always wash your hands before:

- Touching or handling ready-to-eat foods, such as breads, deli meats, cheese, fruits and vegetables, etc.

The best way to prevent disease is to wash your hands.



HOW TO WASH YOUR HANDS PROPERLY

- Use soap and warm, running water.
- Rub your hands vigorously for 20 seconds.
- Wash all surfaces, including:
 - backs of hands*
 - wrists*
 - between fingers*
 - tips of fingers*
 - under fingernails*
- Rinse your hands well.
- Dry your hands with a paper towel, if possible.



Kansas Department of Health and Environment
1000 SW Jackson, Suite 330
Topeka, Kansas 66612
(785) 296-5600
www.kdheks.gov/bch/